

LET'S GET CONNECTED

March 2015

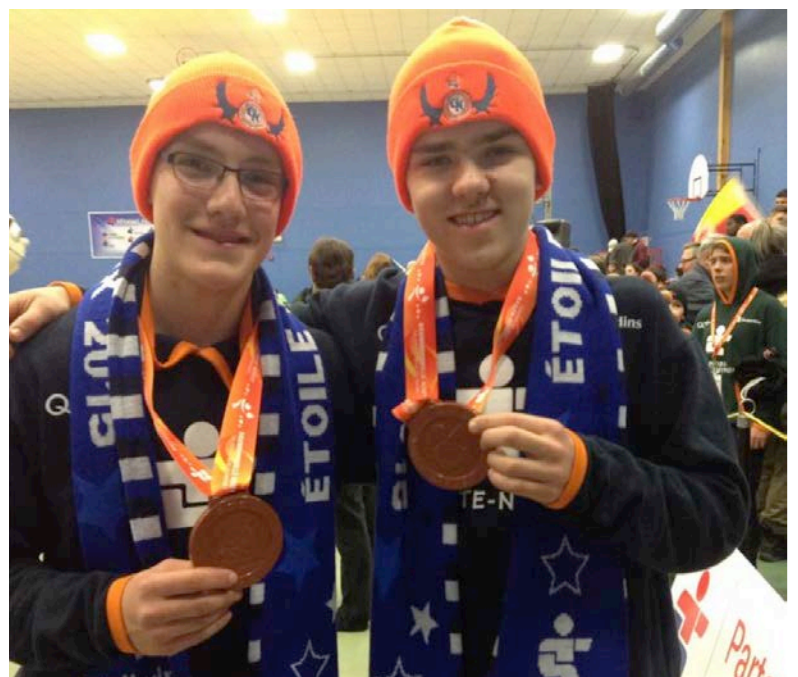
Volume 11, Number 4



Photo: Jody Lessard / Along Route 138

QUEBECNORTHSHORE.ORG

Riverview Student Shines at the Quebec Games



Jeremie Lapointe, a student at Riverview School, attended the Quebec Provincial Games held in Drummondville Quebec. Jeremie competed in the sport of Judo in the U16 category and was awarded the bronze medal for his performance. Beyond his third place win, Jeremie was selected as flag bearer for the North Shore delegation for the closing ceremony. His friends, schoolmates and teachers were all very proud of Jeremie. With this win, he is now ranked number 4 in his category a very respectable standing having only just started competing at this weight level this year. He will be attending another completion in Repentigny. We wish him good luck and salute his sportsmanship.

A WORD FROM THE CHAIR

Happy Spring to all who are reading this while waiting for the snow to melt!! I decided to head south on St. Patrick's Day this year in hopes that when I return the leprechauns will have magically found a way to rid us of the snow... hmmm!!



Seems like the months of January and February flew by even if they felt colder than usual...I think I am starting to feel my age...but all will be forgotten and forgiven when those daffodils and tulips poke their heads up in May/June! Hang in there, folks...Mother Nature is the boss!

I would like to take a minute to congratulate a Secondary II student, Jérémie Lapointe from Riverview School, who went to the Quebec Winter Games in Drummondville and won a BRONZE medal in judo. He was then selected as flag bearer for the Côte-Nord delegation at the Closing Ceremonies. We are very proud of your efforts. I hope to one day be cheering you on at the Olympic Games!!

Until next time, keep active and connected. That's what we are all about!

Debbie Laurie

Chair

Intergenerational activity ... Celebrating local history and heritage

On Wednesday, March 11th, secondary 3, 4 & 5 students joined community members who were sharing their favourite dishes during a potluck lunch. This second gathering was a follow-up to the one of February 18th and was part of a community project which involves designing a mural on the 3rd floor of Baie-Comeau High School.

During the first gathering at a breakfast with Baie-Comeau residents, the NSCA presented students with images related to the history of Baie-Comeau. Following the presentation, students asked pertinent questions to community members so as to decide which images resonated with both groups.

The March 11th get-together involved a review of images and ideas for the painting of the mural. Lively discussions were the order of the day and some one-on-one interviews were planned. This mural, to be done in collaboration with local artist Devon Marinaccio, will create pride and a sense of belonging to all those that come to BCHS, whether as students, parents or visitors.

April 28th is the expected date of the mural's completion.

Are you a caregiver? L'Association des Aidants naturels de la Côte-Nord is there for you!

You are a **caregiver** if you take care of a family member or a friend at your home or elsewhere, even if it's for 2 hours or 24 hours. Caregivers are family members or friends who care for loved ones with physical, cognitive or mental problems. Unlike paid care providers, caregivers are not paid for their work.

L'Association des Aidants naturels de la Côte-Nord offers various services to caregivers in the region from Tadoussac to Blanc-Sablon including Fermont. Their mission is to provide a place where caregivers can receive counselling, discuss their experiences with others regarding the loss of autonomy of their loved ones and find solutions in a supporting environment.

One of their **objectives** is to provide relief from stress and prevent burnout by offering support services and respite. They offer caregivers workshops, seminars and conferences so they can develop the abilities, attitudes and skills necessary in their role with loved ones who are losing their autonomy.

The Association also has the role of educating the public, counsellors and volunteer workers about the problems and needs of caregivers by offering seminars and conferences, collecting data and disclosing it. Some of the main activities are casual meetings over coffee, active listening, social activities, individual meetings, training, access to documentation, help with balancing life and work and different kinds of respite. The Association can help young parents who are in a caregiver role with a child.

How to contact them: (418) 589-2229 or 1-855-589-2229, and (418) 296-8977. Website: www.prochesaidantscotenord.com
Email: aidants.naturelscn@hotmail.com



March 11th Caregiver Workshop Videoconference

The English-speaking population of the North Shore was invited to participate in a workshop titled **“Caring for Caregivers My role and Seeking Assistance”** and many of them did: thirteen participants in Baie-Comeau, twelve in Seven Islands, four in Port-Cartier and two in Chevery. Adverse weather and travelling conditions on the Lower North Shore unfortunately affected attendance in several communities of the Lower North Shore.

March 11th was the date set for this long-awaited workshop which included a dynamic presentation of our toolkit **“Where to turn... A toolkit of Resources for Caregivers of Seniors”** Inside the folder bearing this title participants found several useful tools such as a fridge magnet with the number of the caregiver helpline and other useful numbers, leaflets on the progression of Alzheimer’s disease supplied by Société Alzheimer de la Côte-Nord, information about wills by Éducaloi, a handbook about end-of-life care from Canadian Hospice Palliative Care Association and most especially, our caregiver’s guide *“Where to turn ... A Caregiver’s Guide for the North Shore”*. Please contact our office in Baie-Comeau (418) 296-1545 if you would like to have this toolkit.

The guide contains a wealth of information for caregivers such as how to recognize signs of fatigue and when to ask for help, community organizations in our region specifically for caregivers and their loved ones, financial resources available to them from the provincial/federal government, tax credits, information on how to acquire a handicap parking ticket, equipment and technical aids, housekeeping services, adapted transportation and much more.

Jennifer Robert of Community Health and Social Services Network (CHSSN) and director of Nursing & Quality at the Jeffery Hale-Brigids Hospital in Quebec City was our presenter, and was very much appreciated. Brenda Edwards, CHSSN and Networking Partnership Initiatives manager facilitated and coordinated the conference in collaboration with the NSCA.

Among the participants at our conference were Diane Hamel, Director of L’APPUI CÔTE-NORD, the organisation which funded this project, Annie Dumas of l’Association des Aidants naturels de la Côte-Nord and in Seven Islands, Marie Gallant, community organizer of the Centre de Santé et Services Sociaux Sept-Îles..

Participants were pleased with the workshop; they expressed their appreciation on the quality of the presentation; mentioned their new knowledge of existing programs including those offering financial assistance.

An initiative of the North Shore Community Association, this workshop was funded by L’APPUI CÔTE-NORD.



Our BCHS “Encounters With Canada”

by Joelle Hurley



Through the week of March 8-14 Maria-Ida and I had the privilege to attend Encounters with Canada (EWC) in Ottawa. During our week there we had the opportunity to visit the Parliament, the National Art Gallery, Rideau Hall and a guided tour of the city.

The theme of the week was Arts and Culture so we had workshops that corresponded to the theme. I had the chance to try new things during these workshops. For example, I tried B-Boy break dancing, Djing and musical theatre. We had a very full schedule all week long, but it was very well organized. Whenever we had free time we could go to our dorms or we could go down to the resource room. Since we attended EWC in arts and culture there were a lot of musicians, like me, so we often did “group jamings”. The week was ended with a banquet, closing ceremonies and a dance.

EWC is truly an amazing experience. I made friends from all across Canada, friends that I will keep forever. It was hard to leave, but I do not regret going on this trip. You can only attend this program once, and you must be between the ages of 14-17

I would like to thank Eastern Shores School Board for helping us go to EWC by giving us a contribution of \$250 to help with the overall cost. I think it is excellent that our school board contributes to this program because it is an amazing program for young Canadians.



The BCHS Kindergarten class of Ms Hélène Bujold and a few volunteers from the community are working on a latch hook project. It lasted one week and had great community involvement - thanks to all.

Mr. Booker Book Cruncher Launched in Sept-Iles



Russ Kueber chose the winning name



“Croque -livres launch at Flemming School
(photo credit: Le Nord-Cotier)



Winner of the naming contest: Aby-Gaëlle Jérôme

NSCA is extremely excited to announce that the Sept-Iles Book Cruncher is installed! The Book Cruncher has been beautifully decorated by students at Flemming Elementary School. During the Book Fair on March 20th, NSCA Liaison Agent and PAELE coordinator organized the launch of the Book Cruncher. in collaboration with the school. Students participated in taking part in a naming contest for the book crunching monster.

The Croque-livres, which has been renamed as The Book Cruncher, is a wooden book-sharing box in the shape of a monster. This friendly monster loves to feast on books. Children are invited to 'feed' him by putting their old books inside the box and by taking a new book for themselves!

Over the past few weeks, the students of Flemming took part in designing the box. Grades 1 & 4 were set to work designing how the Book Cruncher should look. The students worked incredibly well and the design was FANTASTIC! As for the name, it was extremely difficult to choose from some wonderful choices; a representative from the Community Health Social Services Network, Russ Kueber, chose the wining name on March 20th! Congrats to Aby-Gaëlle Jérôme for selecting Mr. Booker as its new name!

The Book Cruncher is an initiative of the Chagnon Foundation. Our Sept-Iles Book Cruncher is registered. More information can be found at <http://croquelivres.ca/>

A Grateful Donation to BCHS

by Neil MacIntosh, principal



The Mini-Basketball players, their coaches, and the staff at BCHS-CLC would like to send a big thank you to Pierre Lebreux, represented here by Philippe Lebreux, from the Unité régionale loisirs et sports Côte-Nord (www.urlscn.qc.ca).

The URLSCN and La Fondation Bon départ de Canadian Tire (Jumpstart) sponsored our team with 16 basketballs, water bottles, and whistles. This will make a big difference with our new basketball team.

Thanks to our community partners, we look forward to seeing our players on the courts!

February & March Are Busy Times at Fermont School

by Karen Kean, Principal



The 100th Day of School was a big success as the classes had several challenges to complete and found 100 ways to represent the number 100!



The students in Ms. Kean's Grades 1 and 2 class made paper-mâché dogs that resembled their pets at home.



Ms. Hynes' Grades 3 and 4 students were really busy in Language Arts learning about the Chinese New Year and their culture and traditions. They concluded their unit by eating noodles with chopsticks. It was great fun!



The Grades 3 and 4 class kicked off St. Patrick's Day activities by writing their own Leprechaun Limericks and all the students in Pre-Kindergarten to Grade 6 ate a Leprechaun's breakfast! Magically Delicious!



Ms. Langdon's Pre-Kindergarten and Kindergarten students at Fermont School were seen flying high in the sky at their Superhero themed Lunch Club!



Our students went sliding, drank hot chocolate and watched the dog sled teams start the race during the Taiga Carnival held between March 19-22.

Toddler Time Sessions... A Program for 5-Year Olds & Under



North Shore Community Association is offering a fun-filled activity for little ones and parents alike! Designed for the growing minds and bodies of preschoolers, children will be engaged in inspiring and educational activities ranging from story time to crafty craft. Fun is guaranteed to be had by all!

Let your toddler explore the world through stories, rhymes, finger plays and songs that reinforce language development and learning. This lively and interactive program offers special one-on-one time for children and their caregivers. Admission is free. Drop in to our play based learning environment where you and your child can socialize with peers and where playing with your child will enhance their growth and development. We offer a variety of activities for you and your child to enjoy together.

Our sessions are held at Flemming Elementary School (Pre-K Class). For more information on when the next session is being held contact our youth animator Shelby at 418-296-0168.



Riverview School's Winter Carnival

by Shaunna Goudie, Principal



On February 25th, Riverview School held their Winter Carnival. We had perfect weather and great fun! Team LMN'Trix won the Carnival Cup. We played games outside and did Zumba inside. We went skating in the afternoon and enjoyed Tire d'érable at the end of the day. Many thanks to NSCA for their generous donation toward the activity.



Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

1270, chemin Ste-Foy, Bureau 2106
Québec (Québec) G1S 2M4
T 418 684 2289 F 418 684 2290

Press Release—Community Health and Social Services Network (CHSSN)

Quebec City, February 23, 2015

Community Vitality Survey of the English-Speaking Community of Quebec

The CHSSN has launched a province wide survey of English-speaking Quebecers to develop a better understanding of what they think and feel about many issues facing them today.

The survey has an important component on the use of health and social services and also looks at a range of other sectors which include: education, employment, arts and culture, justice, access to provincial and federal government services and the implication of individuals in the volunteer sector. The survey also focuses on the use of a range services in English and the individual's satisfaction with those services.

This vitality survey will provide critical information to the CHSSN and other community organizations and groups interested in better serving the English-speaking community. The results will highlight the perceptions of people using services and what they see as priority areas for the future. The CHSSN will also compare the results with two previous surveys produced 5 and 10 years ago to see if opinions have changed over time. This will hopefully provide insight on how things are evolving.

“All community organizations need to have basic information about their community in order to ensure their services reflect the needs of the population. This survey will serve as a blood test for the English-speaking community. Providing some clear messages about which services they want better access to in English and what they see as priorities for the future of the community.” says Jennifer Johnson, Executive Director of CHSSN. “The fact that we can look at the answers to this survey over time also allows us to see where we have made gains and where we need to put more effort.”

Employees of CROP, a polling firm, will be implementing the survey by phone from February 19th to March 15th. The CHSSN is hoping that if an English-speaking person receives one of the calls that they will take the time to answer the survey. It should last no longer than 20 minutes and it will provide a wealth of information for community groups serving the English-speaking communities.

The survey will be conducted in all 16 administrative regions in the province. “The CHSSN is aiming to have a representative sample in each region which is a real challenge in some areas as the population can be very small and widely dispersed.” says Johnson. “It is important for people to realize that if CROP does reach them they should take the time to respond as it will benefit the English-speaking community in their region.”

CHSSN is a network of over 60 community resources, associations, foundations, public institutions and other stakeholders dedicated to creating partnerships that enhance health and social services for English-speaking communities in Quebec.

For more information please contact:

Jennifer Johnson, Executive Director, CHSSN

418-684-2289 Ext 223

jjohnson@chssn.org www.chssn.org

Now Available: Hometown North Shore Recipe Cookbook



The North Shore Community Association is proud to bring you this mouth-watering collection of favourite home-town recipes. We hope some of them will become your favourites too!

Most of the recipes presented here find their origins in towns such as Port-Cartier, Seven Islands, Baie-Comeau as well as the Lower North Shore. Many of them were hand-written and are still wonderfully preserved. We are grateful to our contributors who generously lent and allowed us to reproduce them.

Cookbooks are on sale for \$10 each. Please contact the NSCA office (418) 296-1545 to purchase your copy.

NSCA Book Club

If you enjoy reading and meeting with friends, join our English Book Club. Join us for a discussion and review on our monthly pick .

This month's book is "All the Light We Cannot See" by Anthony Doerr

Next scheduled book club meeting is on **Monday, April 27th at 7:00 pm** in Room 317, 39 Marquette (BCHS) Baie-Comeau. Contact Jody at 418-296-1545 for more information.

Worship Services

All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



- April 5: Anglican Service
- April 12: United Church Service
- April 19: Anglican Service
- April 26: United Church Service
- May 3: Anglican Service
- May 10: United Church Service
- May 17: Anglican Service
- May 24: United Church Service
- May 31: Joint Service

Christ the King Parish

15 Comeau, Sept-Iles (Église Ste-Famille)

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.



- April 5: Easter Service & Potluck at 5p.m.
- May 3: Communion Service
- May 24: Communion Service
- June 21: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgcable.ca

Newsletter Info

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We offer our membership the option to sign up for a virtual copy of the newsletter. Simply forward us an e-mail at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list.

The newsletter needs your input on what's happening in your community. Tell us about your stories, upcoming events and the people who are making a difference in your community.

The Great Kindness Challenge Week at QEHS

by Lavergne Fequet, principal & Lisa Coté, Spiritual & Community Animator



Initiated and organized by our Spiritual & Community Animator, Ms Lisa Coté, the students and staff of QEHS, participated in “The Great Kindness Challenge” (GKC) during the week of February 09. This activity was part of our in-school anti-violence/anti-bullying initiatives. GKC is one school week devoted to performing as many acts of kindness as possible, to as many people as possible. It is about creating a culture of kindness in a school. It's easy to implement and has the power to increase tolerance, unity and respect for all grades, all students, and everyone associated with the school.

Imagine students complimenting each other, reaching out to a lonely student, picking up trash, surprising friends with happy notes in their backpacks, thanking their teachers for their creativity and guidance, and eating lunch with a new group of friends. These kind acts and more happened in QEHS during our GKC week.

We participated in this challenge because all students deserve to learn in a safe, supportive and dynamic environment. The GKC provides a powerful tool that actively engages students, teachers, administration, families and community in creating a school culture of acceptance, tolerance, unity and respect. Our hope was that the message of the GKC would carry beyond 1 week. To our delight it has, as we continue to see random act of kindness performed on a daily basis, and anticipate that it will become a routine characteristic of our school culture.

We presented blue T-shirts as a memento to all participants, who were implicated in our initial involvement in the GKC. The message on the front of the T-shirt read “kindness matters”. Our school logo was on the back of the T-shirt.

BCHS Annual Bean Supper

“SOIRÉE CANADIENNE”

DATE/TIME:

Friday April 26, 2015 at 5:30 P.M.

PLACE:

BCHS school gymnasium
39, av. Marquette
Baie-Comeau

PRICE: Adults - \$12.00/12 and under - \$6.00

TICKETS: Available at the door only

Profits from this supper will help our students in many ways. A part will be used for Secondary V bursaries. The rest will be used to pay for other school activities.

For more information, please contact the school at 418-296-2832 or bchsadm@cgocable.ca.

(Organized by the BCBS Home & School Association)



Seniors Put On Their Green to Celebrate St. Patrick's Day in Sept-Iles



Sept-Iles 50+ Club members really got into the Irish spirit at the Community St. Patrick's Day potluck supper and festive evening on March 21st.

Whether Irish or not, many of the men and women donned their green to add to the festivities. They listened to the delightful array of Irish music and the live entertainment performed by fellow community members. The festive crowd of over 50 community members were entertained by skits, lyrics, games and sing-song. To top the evening off, Christina Bobbitt and Johnny Lavallee were crowned Mr. and Mrs. Leprechaun!

As usual, this traditional event had plentiful of traditional dishes to celebrate the Irish evening. There was delicious food to go along with the great evening of music and friends! Hats off to the senior community for keeping this traditional celebration alive!!!

We would like to acknowledge the many hours put in by our dedicated volunteers and the performers of the evening entertainment. Thank you to Gail Court Lavallee, Edith O'Brien, Louise Tanguay, Victor Antel, Ron Shattler, Linda Stubbert, and Adelard Boland.

Here's to another year of celebrating St. Patrick's in style and another successful year in this traditional community event.



See More Photos on Back Page!

St. Patrick's Day in Sept-Iles

(continued from p. 11)



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nasca@quebecnorthshore.org. (All submissions are subject to editing and approval)

North Shore Community Association

Volume 11, Number 4

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

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